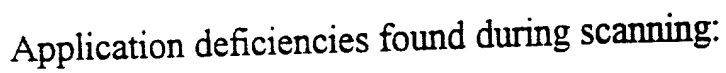


Variable	Mean	SD	Min	Max
Age	38.5	10.5	25	55
Gender	0.5	0.5	0	1
Marital status	0.5	0.5	0	1
Education	12.5	1.5	10	15
Income	3500	1500	1000	6000
Health status	0.5	0.5	0	1
Exercise frequency	0.5	0.5	0	1
Stress level	0.5	0.5	0	1
Sleep quality	0.5	0.5	0	1
Work satisfaction	0.5	0.5	0	1
Life satisfaction	0.5	0.5	0	1
Depression score	10	10	0	40
Anxiety score	10	10	0	40
Resilience score	30	10	0	40
Optimism score	30	10	0	40
Self-efficacy score	30	10	0	40
Perceived stress score	10	10	0	40
Life stress score	10	10	0	40
Work stress score	10	10	0	40
Home stress score	10	10	0	40
Relationship stress score	10	10	0	40
Health stress score	10	10	0	40
Financial stress score	10	10	0	40
Education stress score	10	10	0	40
Work-life balance score	30	10	0	40
Life balance score	30	10	0	40
Work balance score	30	10	0	40
Home balance score	30	10	0	40
Relationship balance score	30	10	0	40
Health balance score	30	10	0	40
Financial balance score	30	10	0	40
Education balance score	30	10	0	40
Overall well-being score	30	10	0	40
Life quality score	30	10	0	40
Work quality score	30	10	0	40
Home quality score	30	10	0	40
Relationship quality score	30	10	0	40
Health quality score	30	10	0	40
Financial quality score	30	10	0	40
Education quality score	30	10	0	40
Work-life balance score	30	10	0	40
Life balance score	30	10	0	40
Work balance score	30	10	0	40
Home balance score	30	10	0	40
Relationship balance score	30	10	0	40
Health balance score	30	10	0	40
Financial balance score	30	10	0	40
Education balance score	30	10	0	40
Overall well-being score	30	10	0	40
Life quality score	30	10	0	40
Work quality score	30	10	0	40
Home quality score	30	10	0	40
Relationship quality score	30	10	0	40
Health quality score	30	10	0	40
Financial quality score	30	10	0	40
Education quality score	30	10	0	40
Work-life balance score	30	10	0	40
Life balance score	30	10	0	40
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Home balance score	30	10	0	40
Relationship balance score	30	10	0	40
Health balance score	30	10	0	40
Financial balance score	30	10	0	40
Education balance score	30	10	0	40
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Relationship balance score	30	10	0	40
Health balance score	30	10	0	40
Financial balance score	30	10	0	40
Education balance score	30	10	0	40
Overall well-being score	30	10	0	40
Life quality score	30	10	0	40
Work quality score	30	10	0	40
Home quality score	30	10	0	40
Relationship quality score	30	10	0	40
Health quality score	30			



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for scanning. (Document title)

☒ *Scanned copy is best available.* drawings